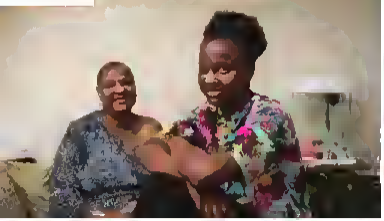
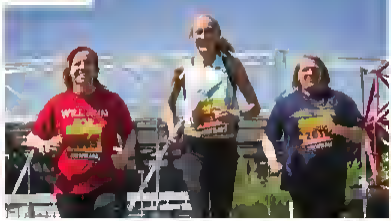
> 08 Showing we care



> 12 Keep on running



> 18 Election by numbers

thenewhammag

issue 316 // 22 May – 4 June 2015 // Every fortnight

Swing the mood

Newham's retro dance revolution (p24)

Newham London

Green Street Community Neighbourhood

May Half Term Holiday Fun

Free
For all residents

Tuesday 26 – Saturday 30 May

Green Street Library, 337-341 Green Street, E13 9AR

Come along for a week of fun filled activities for all ages. Activities will include: arts and crafts, film screenings, games and much more.

the newham mag

Look out for the next issue from **5 June**
View the mag online at **www.newham.gov.uk/mag**

contents

22 May 2015 // issue 316

Newham is preparing for an active and healthy summer, and Paula Radcliffe's ambassadors for the Morrisons Great Newham London Run are showing we can all get fit ahead of the race at Queen Elizabeth Olympic Park (p12). The QEOP will also be the setting for a very Big Lunch (p11) and the Olympic Stadium will host its first ever rugby event (p15).

We look ahead to the Mayor's Newham Show (p16) and green-fingered volunteers are staying active at one of Newham's fantastic community gardens (p27).

8-14 June is Carers Week, and it is important that carers receive the information and support they need (p8).

Read the full results from Newham's elections on 7 May (p18) and make your voice heard on children's centres in forthcoming consultations (p23).

Finally, residents put on their dancing shoes for a VE Day tea dance to celebrate the 70th anniversary of the end of the Second World War (p29).

Councillor Frances Clarke

Cabinet Member for Financial Inclusion and Health Promotion

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Regulars

04 NEWS – two pages of news from across the borough
06 MAYOR'S VIEW – news from Sir Robin Wales
20 NEWHAM IN PICTURES – your fortnight in photos
24 WORKING LIVES – swing dance in Forest Gate
30 OUR NEWHAM – competitions and community news
32 KIDS CORNER – pictures and puzzles for our younger readers
34 WHAT'S ON – five pages of activities and events for you to try, most of them free

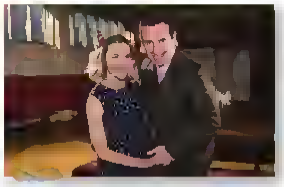
Features

08 BECAUSE WE CARE – support and advice for Carers Week 2015
11 THE BIG LUNCH – get together for lunch at Queen Elizabeth Olympic Park

08

16

12



24

12 RADCLIFFE'S RUNNERS – Paula Radcliffe helps Newham get ready for the Morrisons Great Newham London Run
15 THE BARBARIANS ARE COMING – two-for-one tickets and pairs to give away for rugby at the Olympic Stadium
16 MAYOR'S NEWHAM SHOW – a preview of one of Newham's most popular free events
18 ELECTION 2015 – all the results from three elections on 7 May
23 HAVE YOUR SAY – find out about consultations affecting childcare and children's centres
27 EVERYTHING IN GARDEN IS ROSY – volunteers making a difference in Canning Town
29 VE DAY TEADANCE – celebrating the 70th anniversary of VE Day

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues
Visit **www.newham.gov.uk/lovenewham**

Bravery is exhibited
An exhibition about black and minority ethnic soldiers from the UK, Africa, the Caribbean and America, who served in World War 1 is on display at Stratford Library until 30 May before moving to The Gate Library Forest Gate until 29 June.

The Empire Needs Men exhibition includes the story of Walter Tull, the first black officer in the British armed forces, who played for Clapton Football Club at the Old Spotted Dog Ground in Forest Gate.

Exhibition organisers Narrative Eye are holding a workshop at Stratford Library on 30 May from 2-4pm to discuss the exhibition. For details visit **www.narrative-eye.org.uk**

Sporty boost for students
Students at University of East London can de-stress this summer with free weekly Exam Stress Buster sport sessions from Coca-Cola ParkLives Newham Council and activity provider ActiveNewham.

Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "Sitting exams can be stressful. Exercise is a fantastic stress buster."

Sessions take place on Tuesdays and Thursdays until 24 July at 11am in New Beckton Park, E6 with a range of activities from zumba to rugby fit camp. For information visit **www.parklives.com**

Top for prosecutions
Newham Council has topped a list for the number of prosecutions by London local authorities against private landlords and homeowners. From April 2011 to March 2014, the council carried out 359 prosecutions for offences including failing to properly manage a house in multiple occupation, failing to obtain a licence to rent a property and failing to comply with licensing conditions.

The next councils in the list compiled by London Property Licensing, had only 57 prosecutions and 20 prosecutions.

Airport plans are rejected

Artist's impression of proposed upgraded facilities

Newham Council has refused planning permission for a proposed upgrade of facilities at London City Airport as directed by Mayor of London Boris Johnson.

In March Mr Johnson directed the council to do so on the grounds that the application would result in additional noise. Members of the Strategic Development Committee had resolved to grant planning permission for the proposed development in February. As part of the application process the council had imposed more than 100 measures to mitigate the impact of the development on residents.

Mayor Sir Robin Wales said: "Newham Council has been forced to refuse planning permission for the proposed upgrade of London City Airport. This is a blatant swipe at jobs and economic growth in East London.

"The airport's plan would have brought a significant economic injection for residents including 2,000 jobs, £6.8million of training and better transport links. The decision we have been directed to take threatens upcoming international investment in London's Royal Docks."

Quay to housing boost

Mayor of Newham Sir Robin Wales and councillors visited Great Eastern Quays in Beckton to see how work on new homes is progressing.

The site of the former Ivax building opposite Gallions Point Marina in the Albert Basin will see 350 homes of various sizes built as part of the first phase. There will be a range of one to four bedroom properties, almost half of which will be shared ownership or affordable rents.

Sir Robin and Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, and Beckton ward councillor Ayesha Chowdhury met Stuart Brodie from developers Galliford Try and Notting Hill Housing Group's John Hughes.

Demolition of the Ivax building is almost complete and the first homes are expected to be available from March 2016. The entire project is expected to be complete in September 2017.

News

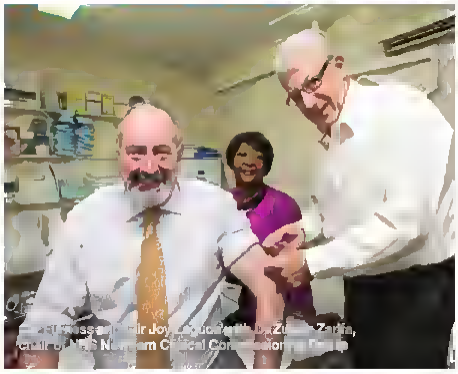
More people receiving jabs

Newham is leading the way in preventing flu with more pregnant women and 'at risk' people receiving inoculations than in any other part of London.

The borough is above the London average for ensuring children aged two to four and people aged 65 and over receive jabs. Some 54.3 per cent of pregnant women got the jab, compared to the London average of 39.8 per cent, while 62.7 per cent of people with long-term health conditions did so, compared to 49.6 across London.

All GP surgeries in Newham and many pharmacies offer the jab free of charge to people who are at risk to make sure they are protected against catching flu and developing serious complications.

Councillor Clive Furness, mayoral adviser for adults and health, said: "I had my jab last year. It only takes a few seconds and it could be the difference between becoming seriously ill and staying fit and healthy."



New front doors move closer

A key milestone in the construction of the first private sector homes built by Newham Council owned company Red Door Ventures was marked with a topping out ceremony.

Mayor Sir Robin Wales attended the ceremony at the top of The Tanneries development in Leather Gardens, Stratford. The building comprises 36 two bedroom homes.

Sir Robin was joined by Chris Wood, director of Red Door Ventures, and Ian Saunders, director of HG Construction, the company responsible for building the development.

Red Door Ventures was set up last year to deliver a programme of private rented homes for Newham residents. Over the next ten years, at least 3,000 new homes will be built. All the homes will be available at market rent or below with some of the homes offered at affordable rent subsidised by the council.

Final chance on consultation

Residents still have a few more days to participate in the consultation on the future of the Upton Centre.

Following the unexpected closure of the centre in December because of the boiler no longer being compliant, Newham Council's Cabinet received a report in March that included advice from independent surveyors. The report estimated that to bring the centre in Upton Park back into use for up to five years would cost an estimated £2.4m, and for up to 20 years, it would cost in the region of £4.39m.

Cabinet members agreed to consult with residents about the future of the centre, including two options for the centre's refurbishment as well as potentially closing the site and redeveloping it.

The consultation closes on 26 May. The results will be presented to June's Cabinet meeting. To participate online visit **www.newham.gov.uk/consultations**

Change we all deserve

I was delighted that residents, community partners and council staff were able to join myself and councillors at our Annual General Meeting, especially as this year we celebrate Newham's 50th birthday.

Back in 1965 comprehensive schools were introduced, Parliament passed the abolition of the death penalty and boxer Muhammad Ali beat Sonny Liston. And there were two huge events in world football – Kilmarnock (my team in Scotland) won the Scottish League, but more importantly West Ham United won a European trophy.

> "Our clear and progressive vision is of a resilient population"

In Newham it's been a momentous 50 years. We've seen the greatest ever Olympic Games and Paralympic Games held right here, and following the demise of the docks, huge developments such as Westfield and Canning Town have signalled the massive physical change which we continue to harness for the benefit of all of us.

Throughout the 50 years we have witnessed a change in the nature of our population as people from all over the world are attracted to London and Newham in particular.

Our clear and progressive vision is of a resilient population. It is about continuing to build a society where people have the skills and capacity they need to thrive, where our local economy benefits local people and where our community celebrates diversity, but also fosters a common sense of belonging and a shared identity.

We know that some people will always need our support and we will stand with them. We will also stand by others who – with the right tools and resources – can make great strides in their lives. That means supporting people on low incomes and rewarding ambition.

We continue to tackle the root causes of poverty – not simply manage its effects. This vision will continue to shape everything we do as a council.

I want our innovation and aspiration to continue into the next 50 years. We all know the years ahead will be hugely challenging, so we will have to make tough decisions.

So far, we have been able to protect the frontline services that matter most to you through our relentless focus on efficiency. But in five years time we will have £91 million less to spend every single year. That's more than we spend now on street cleaning, collecting the bins, street lighting, and running libraries combined, twice over.

Local government looks after the

The Every Child a Musician choir and orchestra perform for guests

Mayor's view

The audience listens intently

most vulnerable. We look after the elderly who are in the greatest need and we care for children at highest risk. We will continue to ensure the dignity and compassion that everybody deserves

> "Together we can – and we will – deliver the change the people of Newham deserve "

We can – and we will be more radical so that we can do more and we must prioritise the things that matter most to local people. That is why in the months ahead we will be conducting thousands of conversations with residents and businesses to collect your ideas so everyone gets a say in our future plans. That way we can protect the most valuable services for you.

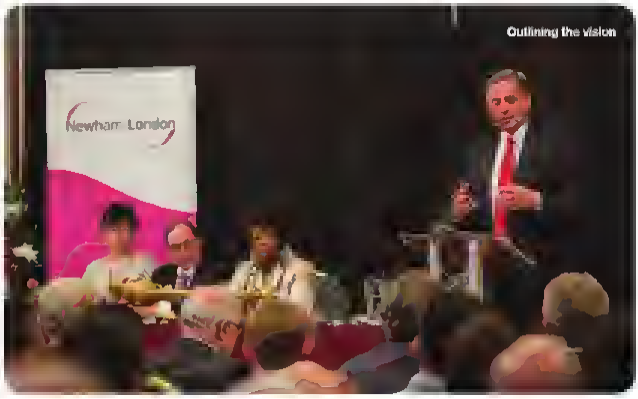
We have been changing the way we operate over the years to make sure we do a whole lot more than just manage the cuts or salami slice our services. But now we must do even more as we face the funding challenge of the months and years ahead.

We are already pioneering new ways of doing things that are breaking the mould. Working with dedicated Community Neighbourhood teams, led by local councillors, you can have a greater opportunity to shape where you live and build a community where people feel a sense of belonging, can turn to each other for support and can come together to bring about changes and improvements for themselves, their neighbours and their neighbourhoods.

With our vision for resilience we want to innovate and take big decisions that can make real improvements to the lives of all of us. But to achieve that we need more powers. It is time for the Government to recognise that devolution needs to come to London and within London.

Let's be clear. These will be tough times for our residents. But Newham has a proud history of change and innovation and the strength and resilience to meet those challenges – head on.

Together we can – and we will – deliver the change the people of Newham deserve.



Outlining the vision

with Sir Robin Wales

Because we care

This year, Carers Week is 8-13 June. Carers Week is an annual campaign to highlight the challenges carers face and recognise the contribution they make to the people they care for, and to the community.

It is estimated that 25,000 Newham residents perform an unpaid caring role. Many do not realise that they may be eligible for extra support.

A carer is somebody who provides support or looks after a family member, partner or friend who needs help because of their age, physical or mental illness, or disability. Caring for someone can include many different things, such as helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

> **"I always have to think about back-up plans, and my brain is always working"**

Kenya Lendo is 14 and lives with her mum Catherine in Manor Park. Catherine has muscle damage in her legs, which means she finds it difficult to get around, and she also receives treatment for depression.

Kenya has been helping her mum since she was eight and sometimes it can be difficult. She said: "I am working towards my GCSEs and I need to focus on school, but my mum needs help too. It can be very stressful sometimes. I always have to think about back-up plans, and my brain is always working."

> **"I have learned skills through helping to look after my mum"**

Although Kenya sometimes find the situation difficult she also says she has learned a lot. She said: "There are negatives about being a young carer, but there are also positives. I have learned skills through helping to look after my mum."

Her mum Catherine added: "She does so much. She helps me with the shopping and the cleaning and cooking. My legs are bad – I have mobility issues and Kenya helps me get around."

Catherine and Kenya receive some advice and support from the Newham Carers Network, and Kenya attends a weekly group held for people in her situation. She said: "I can go to the group and meet other young carers and talk with them. I find it helpful because I then don't have to think about it 24/7."

When she leaves school, Kenya is hoping for a career in interior design or architecture. But she also has plans for now. She said: "I would like to run for Young Mayor, and one of the reasons that pushes me towards that is because I am a carer. I want to publicise the role of young carers and the work they do. There are lots of things about Newham I like, but there are things I would like to change as well and I think I could give an insight about what it's really like to live in the borough for people like me."

If you, or someone you know, is caring for someone then you can request a carers assessment from the council. This will involve a discussion of your needs and, if eligible, you could choose a direct payment to spend on the things that make caring easier, or practical support, like arranging for someone to step in when you need a short break.

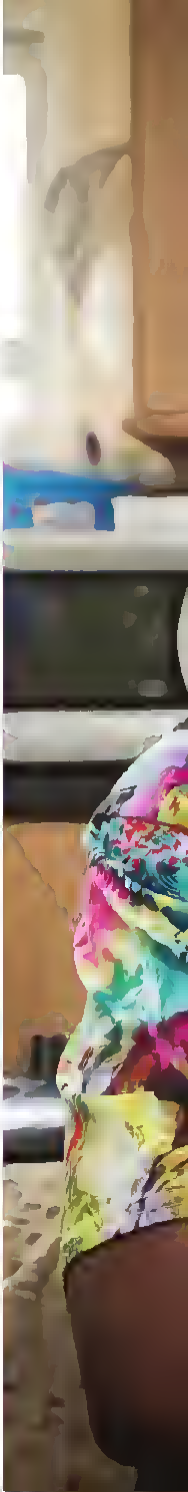
To find out more, visit **www.newham.gov.uk/carers**, email **carers.team@newham.gov.uk** or call **020 8430 2000 (option 2).**

Carers Week

If you are a carer then come along to Newham Council's fun day for carers on Saturday 13 June (11am-6pm) at Chargeable Lane Resource Centre, Plaistow, E13.

Activities on the day will include head and shoulder massage, zumba, computer classes, bouncy castle, face painting, manicures and nail art, hand reflexology, gym sessions and wellbeing checks.

For more information visit **www.newham.gov.uk/carersweek**



Newham London

Are you a landlord, property developer or managing agent looking to let a property?

No commission, no fees, no hassle.

Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties

The council can offer:

- Up to £2 000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1149
Email: PRSsupply@newham.gov.uk

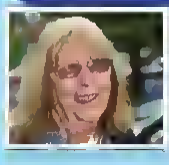
NHS
Newham Clinical Commissioning Group

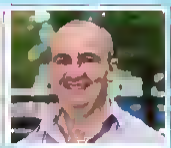
Newham London

Carers Week

8-13 June 2015

Are you a carer?





If you provide unpaid support to a loved one we are here to help

FREE activities for all the family

Come along to find out what services you could use if you provide unpaid support to a partner child relative, friend or neighbour who could not manage without your help.

Come along to a series of **FREE** events throughout the borough
We want to identify carers not known to services and will provide information and advice about the support available for carers in Newham

Monday 8 June

Asda at Beckton (11am-4pm)
Tollgate Road E6 4JP
Custom House Surgery (9 30am-12pm)
16 Freemasons Road E16 2NA

Tuesday 9 June

Queens Market (11am-4pm)
Green Street, E13 9JJ
Westfield Stratford City in front of M&S (11am-6pm) *Stratford Avenue, E20 1EJ*

Wednesday 10 June

Newham University Hospital (10am-4pm) Zone 6,
Glen Road E13 8SL
East Ham Customer Service Centre and Library (11am 5pm)
328 Barking Road E6 2RT

Thursday 11 June

Liberty Bridge Road Practice (9 30am-4pm)
40 Liberty Bridge Road E20 1AS
Canning Town Library (11am-5pm)
Barking Road E16 4HQ
Stratford Library (10 30am-12pm)
The Grove E15 1EL

Friday 12 June

Stratford Shopping Centre (11am-3pm)
54a Broadway E15 1NG

Saturday 13 June

Carers Fun Day
Chargeable Lane Resource Centre (11am-6pm)
200 Chargeable Lane Plaistow E13 8DW
Activities include. Head and shoulder massage Zumba bouncy castle balloon modelling Nintendo Wii on big screen face painting henna painting manicures and nail art disco knitting hand reflexology and health checks

For more information visit **www.newham.gov.uk/carers**
email **carers.team@newham.gov.uk** or call **020 8430 2000 (option 2)**

Building stronger families · carers week · active newham

Take a bite of the Big Lunch

Queen Elizabeth Olympic Park (QEOP) is our park so we should all be using it regularly. On Sunday 7 June it is hosting a picnic on an epic scale and will be filled with free activities, entertainment and family games for all ages to help celebrate the Big Lunch!

The Big Lunch is an annual celebration, originally set up by the Eden Project in Cornwall, with the aim of getting as many people as possible across the country to have lunch with their neighbours on the first Sunday in June.

First launched in 2009, almost five million people took part last year across the UK, including in green spaces all across Newham. This year, residents can take advantage of the wonderful atmosphere and outdoor space for the occasion at QEOP.

To participate in the event all you need to do is take a packed lunch down to the Park between 12noon and 4pm. The event encourages everyone to contribute something to the gathering. Or why not hold a Big Lunch event of your own?

Using people power and a 'bring something' ethos, residents can enjoy a great afternoon getting to know each other. Newham Council offers Let's Get The Party Started grants, enabling residents to organise their own street parties and community events.

Councillor Ken Clark, Cabinet member for Building Communities and Public Affairs, said: "The more people from different backgrounds and neighbourhoods meet, the more resilient a community we will be. Hosting a Big Lunch event to bring people together is one way in which that can be achieved."

Grants are offered for up to £250, or in exceptional cases up to £500, to help you plan an event for you and your neighbours. To find out more about Let's Get The Party Started grants, visit **www.newham.gov.uk/grants**

For more information about the Big Lunch project, and for tips, ideas and resources to help your Big Lunch visit **www.thebiglunch.com**

Radcliffe's **Great Newham** Runners

Legendary athlete and world record-holder Paula Radcliffe has selected six women to be Radcliffe's Great Runners as they train ahead of the Morrisons Great Newham London Run on Sunday 19 July.

Paula Radcliffe, centre, with Paula Blake (third right) and Vicki Read (far right)

Several hundred women nationwide applied to be one of the team, who come from all backgrounds and who will inspire others to take part in the event this summer. Two of the runners selected are representing Newham.

Paula Blake, who lives in East Ham, is delighted to get back into the sport. She said: "I am over the moon to be selected. Every year I say I will do the run, and I never have - so this year will be my year. We're getting great tips and advice from Paula Radcliffe, which is absolutely great and helping to build my confidence."

Paula, who works for Canning Town charity Community Links, is planning to bring her new skills into her work. She said: "I manage a project for young people with learning disabilities and I am hoping to take some of the newfound skills that I gain from Paula into the work that I do. I'm really looking forward to getting over that finish line, and doing it in the Olympic Stadium will be fantastic."

"I'm really looking forward to getting over that finish line, and doing it in the Olympic Stadium will be fantastic."

The second member of Paula Radcliffe's team of running ambassadors is Vicki Read, manager at Newham Leisure Centre in Plaistow. Vicki started running when she was looking after her mum who was battling cancer. She said: "While I was my mum's carer, my brother and I were looking after her full-time - and that's when I started running. It was good for me, to take my mind off things and something active for me to do. When mum passed away, we started running to raise money for the hospice where she died."

Having got Vicki through some dark times, running helped her find time for herself. She added: "It's important to make that commitment to yourself, even if it's just 20 minutes. You can build up slowly, and with a crowd behind you, it's surprising how far you can go. It's such a sense of achievement to do something for yourself."

Paula Radcliffe is best known for her marathon-running, but is also a European 10k champion. She is giving advice and guidance to the women ahead of their race, but is also enthusiastic about getting as many people as possible involved. She said: "Running has given me a lot in my life. Not just my career, but my self-confidence and the people I've met doing it."

"The facilities in Newham are great. I came for a run here recently, and it's a beautiful area – there are lots of great places to explore, so there's no excuse not to be active."

The 10k course for the Momsons Great Newham London Run will see runners cross the length and breadth of Queen Elizabeth Olympic Park, finishing on the track of the Olympic Stablum. Having been involved in similar events across the country, Paula is excited about the backdrop Newham gives to the run. She said: "The facilities in Newham are great. I came for a run here recently, and it's a beautiful area – there are lots of great places to explore, so there's no excuse not to be active. You can get involved with your kids or your friends – all you really need is a decent pair of trainers. When people take part in an event like this, they tend to come back and do it again. It can act as a great springboard for people. And this is a really inspirational venue – it means a lot to the runners to be able to cross the same finish line as the athletes did in 2012."

Places in the 10k run are still available at £32 and £8 in the family run. There is also a team relay for four or eight runners competing over a 26.2 mile marathon distance. For details visit www.greatrun.org

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs

What is the Beyond Business Programme?
Beyond Business has already launched a network of 50 plus successful Social Enterprises in the East End and provides

- Start up funding,
- Strategic and business planning guidance and
- Practical business support including training, mentoring and pro-bono legal services.

Is my idea for a Social Enterprise eligible?
To be eligible for a start up grant of up to £12,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes such as employment for people with barriers to work, youth training, healthy living and local environment improvements
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding
- Create sustainable employment.
- Be able to legally set up and start trading by end January 2016

How will Applicants be assessed?

- Stage 1 Applicants submit an expression of interest form for a panel review
- Stage 2 Applicants successful at stage 1 complete a business plan with support from the Beyond Business team.
- Stage 3 Applicants successful at Stage 2 present their business idea and plan to an independent Dragons' Den panel on 15th October 2015 – funding then approved for successful applicants

Need an expression of interest form?
Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 15th June 2015

For full details on eligibility and any other information please contact Kim Hayman

Investec

Beyond Business

NEWHAM COLLEGE LONDON

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- MUSIC & BARBECUE
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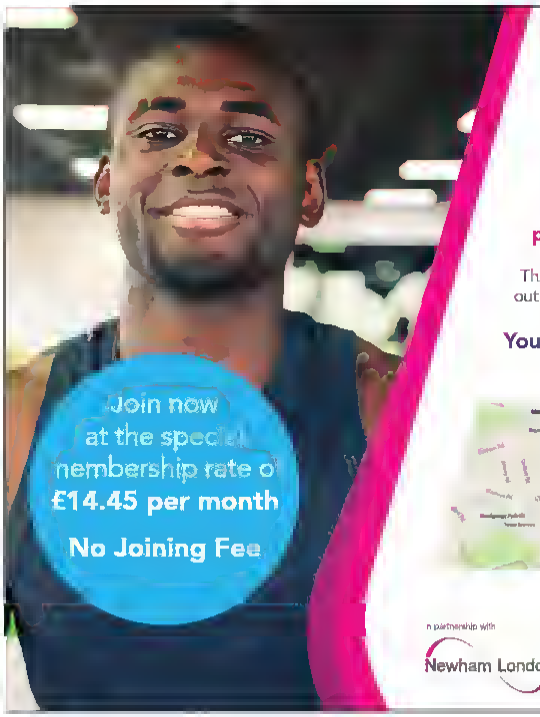
CALL 020 8257 4446 OR EMAIL EXTERNALENQUIRIES@NEWHAM.AC.UK
TEXT ENROL OPEN 15 TO 60081

WWW.NEWHAM.AC.UK/OPENDAY



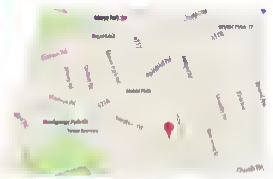
Manor Park Fitness Centre

The new centre is opening on the 1st June 2015 and will feature state-of-the-art fitness equipment in a welcoming environment - to support you to improve your health and wellbeing

Join now at the special membership rate of £14.45 per month.

This great offer is available until 31st May, so make sure you don't miss out by joining today

You can join by going to www.activeNewham.org.uk



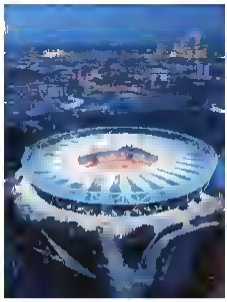
For more information about this great new fitness centre at the heart of the local community please call 0300 124 0123

Manor Park Fitness Centre
464 High Street North
Manor Park, London
E12 6QN

In partnership with Newham London

active newham

Barbarians set to conquer the Olympic Stadium



On Sunday 29 August at 3pm, the world famous Barbarians rugby team will play for the first time at the Olympic Stadium when they face Samoa, and Newham residents can get two tickets for the price of one.

It is the first rugby match to be played at the iconic venue ahead of five games during Rugby World Cup 2015. It forms part of the 125th anniversary celebrations of the Barbarians.

The Barbarians bring together players from different clubs from across the globe for a few matches each year. They play attacking, adventurous rugby without the pressure of having to win.

The side has no home ground or clubhouse. They are a touring club and have played in 25 countries. There is no discrimination on the basis of a player's race, colour or creed. Once invited to wear the famous black and white hoop jersey, a player becomes a life member of the club.

Serge Betsen (above centre) won 63 caps for France and was selected to play for the Barbarians twice, against England and Australia. He said: "It was an important experience for me and great to play with such a talented group of players.

"It's very different from playing for your national team. When you play for the Barbarians everybody arrives at the stadium on the day. You don't know much about each other and you play without having trained together for long before the game.

"When you play for the Barbarians, you play with spirit and with flair. So many players come together from all over the world. It is an exceptional feeling."

For Samoa, ranked the ninth best team in the world, it is their first encounter with the Barbarians. Adult tickets are priced £20-£65, children £10. Newham Council has teamed up with Barbarians and England Rugby 2015 to offer residents two-for-one adult tickets until 22 June (subject to availability and booking fees) by visiting **www.newham.gov.uk/barbariansoffer**

The Newham Mag has five pairs of tickets to give away. To be in with a chance of winning a pair, tell us who the Barbarians are playing at the Olympic Stadium on 29 August.

Send your answer, name, address and telephone number to Newham.Mag@newham.gov.uk or write to Newham Mag, 1000 Dockside Road, London, E16 2QU before 1 June.

Show rolls back

The Mayor's Newham Shaw is returning to Central Park, East Ham, an Saturday 11 and Sunday 12 July and this year it will have a fab and groovy 1960s theme to celebrate Newham reaching its 50th birthday.

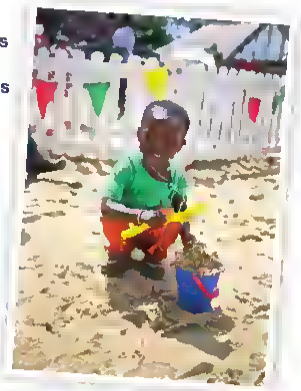
From 12noon to 6pm the park will be full to the brim with free family orientated fun and entertainment. Not only is entry to the park free of charge, but so are almost all activities and entertainment.

Why not pack a picnic and bring your family and friends to the event for a free day out in Newham this summer? Here is just a small taste of what will be on offer.

Seaside

The tennis courts in Central Park will be transformed into a traditional British beach experience complete with:

- beach huts
- deck chairs
- helter-skelter rides
- donkey rides
- bucket and spades
- paddling pool
- sand
- steel band
- fun family activities



Children and family stage

A dedicated children's stage with live entertainment throughout the day. Enjoy performances from some of our youngest residents from the Every Child a Musician programme as they sing and play instruments they have learned through the scheme.

Saturday offers a chance to see and meet naughty pirates Cook and Line from popular Cbeebies TV show Swashbuckle. And on Sunday Postman Pat will be there with his friends and he'll be looking for some help in baking a cake for Jess the Cat's birthday!

Postman Pat and Jess the Cat will be appearing at intervals on 11 July only

Classic © 2013 W.A.L. Original writer John Cunliffe. Lic. RMG plc

the years

Children's entertainment area

The Space Race reached its peak in the 1960s and that's the theme of the fun activities for children this year. Come along and design and launch your own rocket, create a giant alien and compete in space hopper races. And don't miss:

- **face painting, circus skills, story-telling, bouncy castles, arts and crafts, music, t-shirt designing, dance workshops, obstacle courses, remote-control cars, races and games all themed around outer space**
- **a fully digital mobile planetarium and natural history show capable of holding 30 children at a time**
- **a dedicated under-fives play area**
- **bury a time capsule. What will the world be like in the future? Children can explore the Space Race and write their thoughts about what Newham might be like in 2065, ready to buried in a time capsule**
- **planets – with a set of model planets, children will be encouraged to learn planet names and size and to arrange them into the correct order of distance and scale to demonstrate how large, or small Earth is in the galaxy**
- **rocket launch – children can decorate their own rocket in our Engine Room and then take it out to the launch pad to be fired into space using ingredients you can find in your cupboard.**

Cabaret Stage

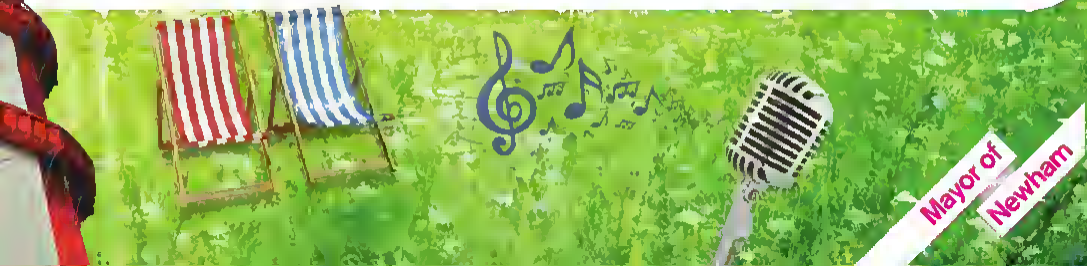
With Newham celebrating it's 50th anniversary this year, we are taking a trip back to 1965. Expect an eclectic programme of entertainment with a 60s 'Twist'

- **forget twerking and Gangnam style – shake a tail feather! Learn all the hot dance routines from the 1960s with interactive dance classes**
- **hula-hooping rose in popularity with both children and adults alike in the 1960s. Be wowed by performances with opportunities to have a go yourself**
- **Mayor's Newham Show favourite Sai Bashir will be celebrating 'The King's' heyday with his chansmatic and energetic Elvis Presley tribute show**
- **Newham's Tea Dances take up residence in the Cabaret Stage. Expect traditional ballroom dancing mixed in with 1960s dance crazes. Put on your dancing shoes and get involved as there are raffle prizes to be won.**

Mayor's Newham Carnival

The popular carnival takes place on Saturday 11 July from 2pm and parades through the streets of East Ham. Thousands of children, residents and community groups will be inspired by the music, dance and fashion of the past 50 years.

For more information about The Mayor's Newham Show, keep reading the Newham Mag and visit www.newham.gov.uk

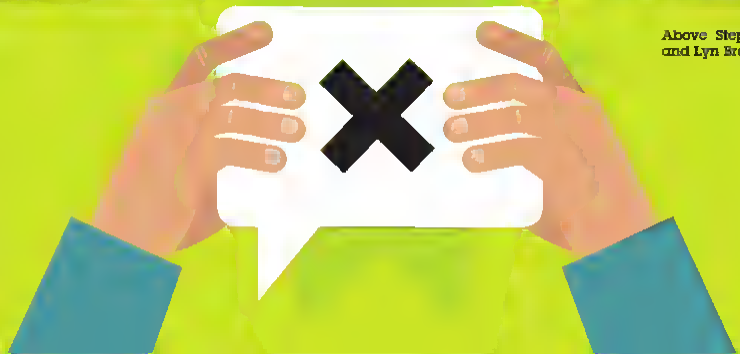


ELECTION 2015

On Thursday 7 May, 20 candidates stood in three elections in Newham – two polls in the race to elect respective Members of Parliament for West Ham and East Ham, and a by-election for a councillor to represent Stratford and New Town ward on Newham Council.

Above: Members of East London Rugby Club

Above: Stephen Timms and Lyn Brown



The count took place at the Lee Valley Velopark and the results were declared in the early hours of Friday morning. Here's a look at your election night in Newham in numbers

7am polling stations opened
10pm polling stations closed

84 Presiding Officers returned
135 Ballot Boxes from
126 Polling Stations

18 Postal Ballot Boxes were also counted, bringing the total number of Ballot Boxes to **153**

15 rugby players from East London Rugby Club collected the ballot boxes as they arrived at the VeloPark and took them into the count

The total number of staff involved in the count was **259** people
This number includes

- **1** Acting Returning Officer
- **2** Acting Deputy Returning Officers
- **4** Constituency Supervisors
- **21** Count Supervisors
- **21** Count Assistants Supervisors
- **168** Count Assistants
- **20** Ballot Box Receipt Team Members
- **12** Postal Vote Openers
- **6** Event Officers
- **4** Media & New Media Officers

230 tables were used at the election count

350 chairs were used at the election count

144.5 metres of protective barrier were used

148 litres of water were consumed

4 television screens for people to watch results from other constituencies

To elect a Member of Parliament for East Ham

Stephen Timms, Labour	**40,563**	**(76%)**
Samir Jassal, Conservative	8,311	(12%)
Daniel Charles Oxley, UK Independence Party	2,622	(5%)
Tamsin Omond, Green	1,299	(2%)
David Thorpe, Liberal Democrat	856	(2%)
Mohammed Farid Aslam, Communities United Party	409	(1%)
Lois Austin, The Trade Unionist and Socialist Coalition	230	(0%)

Total votes **52,290**
Ballot Papers Rejected **211**
Turnout **60.11%**
Declared at **3.57am**

To elect a Member of Parliament for West Ham

Lyn Brown, Labour	**36,132**	**(66%)**
Festus Akinbusoye, Conservative	8,146	(15%)
Jamie Ross McKenzie, UK Independence Party	3,950	(7%)
Rachel Collinson, Green	2,651	(5%)
Paul Reynolds, Liberal Democrat	1,430	(3%)
Andy Uzoka, Christian Peoples Alliance	369	(1%)
Cydatty Bogle, Communities United Party	115	(0%)

Total votes **52,793**
Ballot Papers Rejected **217**
Turnout **58.51%**
Declared at **4.14am**

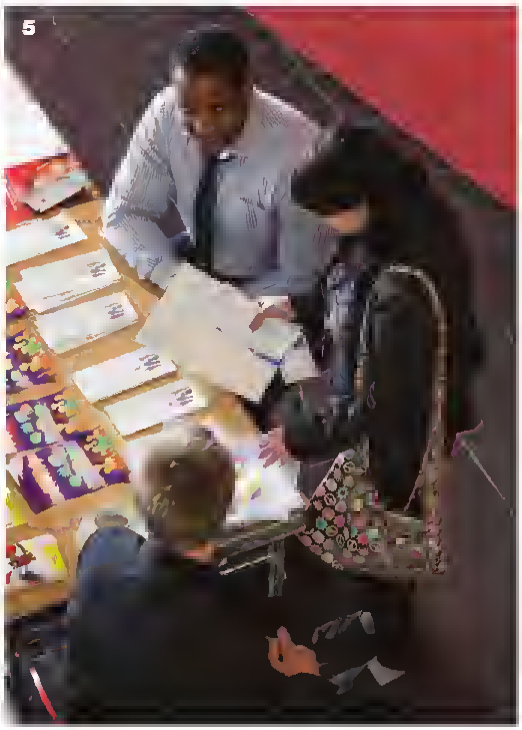
To elect a Councillor for Stratford and New Town Ward

Charlene McLean, Labour	**4,607**	**(57%)**
Matthew Gass, Conservative	1,778	(22%)
Isabelle Clare Anderson, Green	1,170	(14%)
Jamie Ross McKenzie, UK Independence Party	403	(5%)
Joe Mettle, Christian Peoples Alliance	99	(1%)
Bob Severn, The Trade Unionist and Socialist Coalition	70	(1%)

Total votes **6,127**
Ballot Papers Rejected **46**
Turnout **54.54%**
Declared at **4.29am**

For more information visit **www.newham.gov.uk/election**

Newham in pictures



1. I wanna dance with somebody! Residents move to the music for a VE Day themed Tea Dance at the Old Town Hall E15 **2.** Happy Anniversary Councillors in Newham's 50th year gather for a commemorative picture before the Annual General Meeting at the Old Town Hall E15 **3.** A piece of cake! Authors Duncan Barrett and Nuala Calvi celebrate the launch of their new book The Girls Who Went to War at a VE Day celebration at Newham Book Shop Barking Road E13 **4.** Music to our ears! Schoolchildren share what they have learned through the Every Child a Musician programme at Newham s Annual General Meeting at the Old Town Hall E15 **5.** The social network! Parents attend get Informed at an Open House event for parents of children and young people with Special Education Needs/Disabilities at Stratford Circus Arts Centre, E15

Newham London

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised Collection Day
Monday 25 May (Bank Holiday)	Tuesday 26 May
Tuesday 26 May	Wednesday 27 May
Wednesday 27 May	Thursday 28 May
Thursday 28 May	Friday 29 May
Friday 29 May	Saturday 30 May

Most recycling collections are now fortnightly.

Household waste remains a weekly collection.

Residents should visit **my.newham.gov.uk** for their collection calendar.

recycle

www.newham.gov.uk/recycling

FOUNDATION LEVEL COURSE IN FAMILY FOCUSED PRACTICE

- A one year part-time course accredited by the Association of Family Therapy.
- The first step in gaining a professional qualification as a family and couples therapist.
- **Now enrolling for October 2015**

Find out more; come to a taster workshop on:

Saturday 9th May 2015
Saturday 13th June 2015
Saturday 11th July 2015
Time: 11.30am – 1pm
Venue: Suite B
275-285 High Street, E15 2TF

Visit our website: www.chiranconsulting.org for more information and an application form to reserve your place. Or call us on: 020 8257 7915 or 07752 418607

BDCA are seeking new staff members to join our team
Help change lives and transform your community...

After School Club Assistant Manager, 17.5 hrs per week term time, Mon-Fri, £9 per hour
We are looking to recruit an experienced Assistant Manager / Playworker with a Level 3 in childcare for our vibrant and well established after school club based in East Ham. You will have at least 1 years experience of working in an after school club or child care setting and be passionate, enthusiastic and committed to being part of our dynamic team which provides an excellent level of care to the Children & families that access our service. There will also be opportunities to work throughout school holidays as part of our Holiday care scheme

Administrative Apprentice – 36 hours per week, £150 per week
We are looking for a friendly, confident and capable individual aged between 18 and 24 to join BDCA's team as an administrative apprentice. You will already have excellent ICT skills, including word processing and spreadsheets using Microsoft Office or equivalent. This will be supported by a good standard of education with a minimum of 5 GCSE's, to include English and Maths, at grade C or above. Equally important will be your attention to detail, positive attitude towards learning and the ability to work effectively as part of a team. This is a full time role where you will be based in our busy community centre in East Ham with day release study for an NVQ level 3 in Business and Administration

Please download application packs from www.bonnydowns.org or to discuss the roles further please email info@bonnydowns.org or call 0208 586 7070. Closing date for both roles is Friday 19th June at 5pm. Interviews will be held week commencing 22nd June 2015.

This month sees the start of a consultation on how to give every child in Newham the Best Start in Life. The proposals include changes to the way we deliver children's centres across the borough.

Newham has one of the highest populations of children and young people in the country, but has seen significant government cuts to its early years funding as well as the focus of government funding moving away from children's centres to childcare

Over the next five years, the council will to reduce costs (or increase income) to meet an expected £91m/year shortfall in Government grant by 2019/20. In light of this, we are reviewing all our services to ensure they continue to meet resident's needs and provide the best value for money.

Regardless of the cuts, we want to capitalise on opportunities to provide a truly joined up early years programme across childcare, early education and health, which will deliver improved outcomes and a better experience for parents and their children. The proposals include a dedicated children's centre, registered with the Office for Standards in Education, in each community neighbourhood area as well as a range of outreach centres

Subject to consultation all of these centres would deliver a free, universal, local offer which would make up the Best Start in Life guarantee

The Guarantee includes:

- **Childcare for two, three or four-year-olds. Fifteen hours every week will be free for all three and four-year-olds and disadvanteged two-year-olds, with some parents expected to contribute.**
- **Evidence-based advice and guidance through the Triple P – Positive Parenting Programme.**
- **Stay-and-Play activities where residents can meet other parents and see a positive learning environment being modelled in practice.**
- **Health checks and advice on breastfeeding, weaning, healthy eating, sleep routines and a whole range of other health issues through pregnancy into the first years of life.**
- **Help into employment through employment service Workplace to ensure that parents are better off in work than on benefits.**
- **Extended parenting courses and one to one support where parents need extra help.**

The proposals aim to make it easier for families to access and benefit from early years support, increased childcare and that services that matter most to parents and their children are maintained

Residents have until 23 July to fill in the consultation by visiting **www.newham.gov.uk/beststart**

Getting into the Swing of it

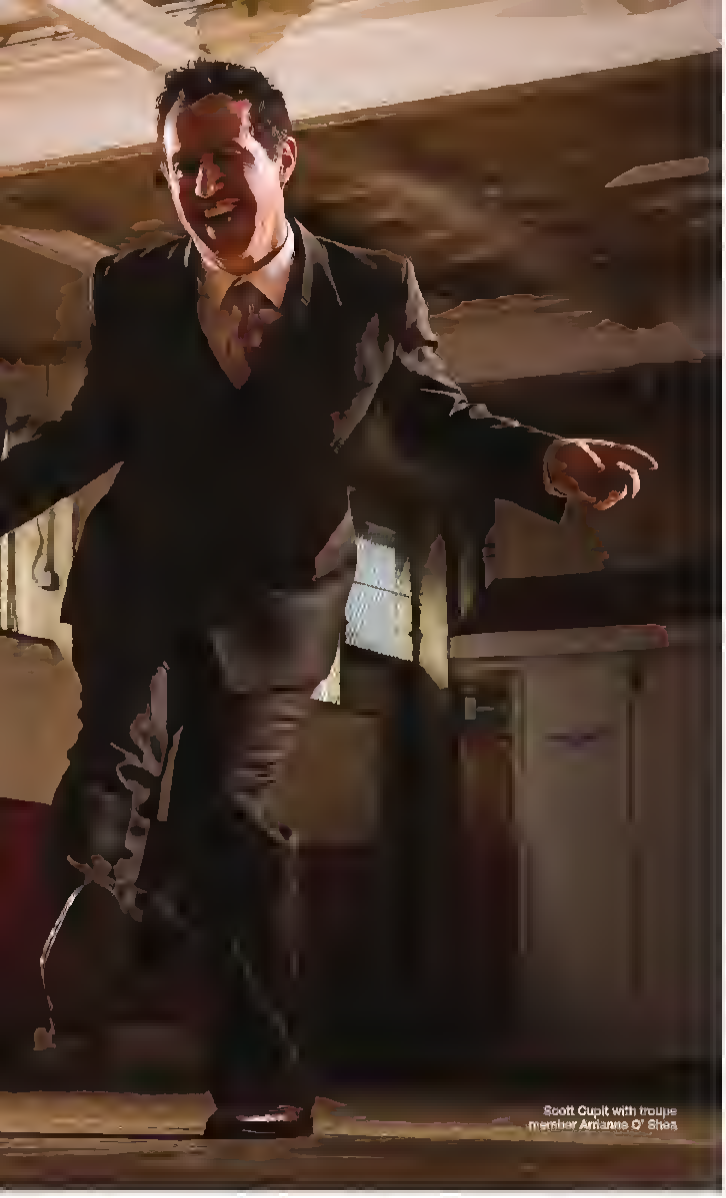
First originating in the USA in the 1920s, Swing is an infectious and lively combination of music and dance. Now the Lindy Hop, Charleston, and other dances like them are making a big comeback.

Scott Cupit moved to the UK from Australia and is the co-founder of Swing Patrol, a swing dancing school with 37 locations in London, including a growing group of dancers in Forest Gate, the neighbourhood he now calls home.

Scott said, "I ran Swing Patrol in Australia for ten years. A lot of Australians in London were saying there was a big gap in the market for something like this, especially in East London."

It was a slow start for Scott and Swing Patrol, but he worked tirelessly to promote the classes. He said, "We had a few lucky breaks. I performed on the Fourth Plinth in Trafalgar Square and we got involved in various festivals. We also appeared on TV in Dragons' Den and got an investment from Deborah Meaden, which was great publicity."

Over the past couple of years the



Scott Cupit with troupe member Arianne O' Shea

popularity of the dance, and Scott's classes has really taken off. He said: "It's becoming more popular. There's been a complete revival – our numbers across London have tripled. Things like Strictly Come Dancing and the recent Great Gatsby film have helped. And there's been a revival of vintage clothing, which sort of ties into that as well. But the classes also succeed because we have great teachers, and just from word of mouth."

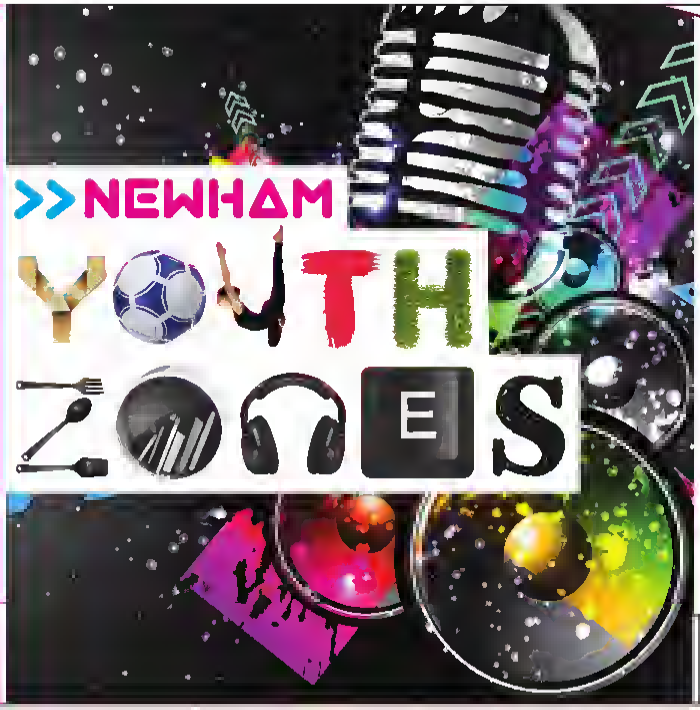
Having lived all over London, Scott settled down and bought a house with his wife in Forest Gate 18 months ago and instantly saw the potential in the area for a Swing Patrol class. He explains: "I really liked what I saw here. There's a lot of rejuvenation and I thought I could add to this. People want to feel connected in their local community. There are some great places here, like the CoffeE7 cafe and some of the local pubs, and I thought swing dance lessons would be another way for people to have fun – so I decided to set up some classes here."

Currently one of Swing Patrol's newer and more intimate classes, numbers are steadily growing in Forest Gate. Scott feels optimistic about the growth of Swing here, and about the area's fortunes. He said: "I love being part of the regeneration of Forest Gate. I want to play my role and be part of this community. I have met some great people here, and with future developments like Crossrail coming in as well, I feel very positive about Forest Gate."

While many dance schools operate courses, Swing Patrol offers drop-in dance lessons, and Forest Gate's classes cater for total beginners, although many people who attend a class go on to become regular attenders. As well as an energetic dance experience, Scott is keen to explain the social aspect of the classes. He said: "It's something for everyone: you can be a world champion and take it quite seriously or you can just enjoy the fun side of it and learn a few steps at the same time. It's a great genre of music – I've always loved Swing music and its tapping beat. It's a nice activity for couples or for single people. If you have 50 people in a room, you might be dancing with someone new every three minutes, so you make connections with people. You can learn an art form and make friends at the same time."

Swing Patrol at Forest Gate hold classes every Wednesday evening at Durning Hall Community Centre, Earlham Grove, E7 9AB. For more information, visit www.swingpatrol.co.uk

>> www.newham.gov.uk/youthzones



Newham London

There is no I in team

Come along to take part in a range of fun team building activities

There will be an inflatable assault course, human table football, music, games, information about Newham Youth Zones plus much more

Thursday 26 May, 4-7pm
Shipman Centre
Prince Regent Lane
Custom House
E16 3JH

For more information contact Florina St Marthe on
Florina.StMarthe@newham.gov.uk
or **020 7511 2197**

Newham London

Green Street Community Neighbourhood

Big dance

Monday 25 May, 12noon-3pm
Queens Market, Green Street, E13 9BA

Come along and dance the afternoon away try something new, keep fit and enjoy a range of dances from Ballroom to Bollywood

For more information please email CN.GreenStreet@newham.gov.uk or call 020 3373 0857

Newham London

The one day cinema

Monday 25 May, 4-7pm
Queens Market, Green Street, E13 9BA

4pm – The Gruffalo

4.30pm – Chak De! (Take Off)

For more information please email CN.GreenStreet@newham.gov.uk or call 020 3373 0857.

Everything in garden *is rosy*

Canning Town is undergoing huge regeneration with 8,000 new homes, a revitalised town centre and new community facilities being created. In the midst of the building work, a community garden is flourishing.

"We've been here since March 2014 and will be here for at least another year," said horticultural nursery manager Nemone Mercer, who coordinates Core Landscapes, a branch of the charity CoreArts. The garden in Silvertown Way (opposite Hallsville Road), E16, is open Tuesdays and Thursdays. Volunteers maintain and grow the garden as well as selling plants and offering advice to visitors.

Everything has been designed to be portable so the project can be moved in future. In busy Canning Town it offers a unique environment for visitors and volunteers, Nemone said. "A lot of people want to do gardening but don't have the space, or have never had the opportunity to learn. Gardening can bring calm into people's lives. You can come to a peaceful environment and get in contact with nature."

The garden is holding a free open day on Saturday 13 June, 10am-5pm, with music, food, children's activities, plants for sale and performances from Newham Steel Band. Visit **www.core-landscapes.co.uk**

Ted Jolly: "I've got a medical condition so I have to be careful but I like the garden as it keeps me busy. I walked past one day and thought why not?"

Lee Ann Benstead: "I've been coming almost three years. I never had a garden and I found my niche here. It makes me feel so well. I'm happy I can take something and bring it to life."

John Kaylor: "When I first started I knew absolutely nothing. I grow my own veg now. You learn something new every time you come in."

Community Garden Network

Community gardens offer the perfect opportunity for you to keep active and meet new people while enjoying the rewards of growing your own fruit and vegetables. There are 12 community garden projects in Newham, including Core Landscapes. For details email **info@activenewham.org.uk** or call **0300 124 0123** or visit **www.activenewham.org.uk/get_growing**

Newham London

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.

PASTA

You can earn rewards for your time.

www.newham.gov.uk/pasta

This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Newham London

NewShare

Newham Council's shared equity scheme

If you would like to own your own home in Newham but can't afford a large deposit or the cost of buying on the open market, NewShare could help you

Through NewShare, you could buy as little as 50 per cent of your home using a deposit and a mortgage, with a 50 per cent equity loan from us

For more information and advice on buying a home through NewShare visit www.newham.gov.uk/NewShare

in partnership with

site sales

In the party mood for VE Day

The spirit of VE (Victory in Europe) Day came to the Old Town Hall in Stratford where residents came together for a 1940s themed tea dance to commemorate the 70th anniversary of the end of the war in Europe.

Complete with flags, tea, cake, and music from the 1940s, the event captured the spirit of tea dances from the World War II era. Young and old alike danced to the likes of Glenn Miller and Dame Vera Lynn, the singer from East Ham whose music was hugely popular during the Second World War.

An exhibition about how World War II came to an end was on display in the Old Town Hall for the day. The exhibition is now on display in Stratford Library where it will remain until Sunday 31 May. Members of G Company 7 Rifles based in West Ham gave the party a military air as they joined more than 160 people who attended, including Joan Crumlish, an evacuee during the war.

Fellow guest Dorothy Bull, from Plaistow, is a regular attender at Newham's tea dances. She said: "I come as often as I can. They're friendly, and good value."

The event also attracted some who were celebrating on VE Day 70 years ago. Olive Moffatt from Stratford was a teenager when the war ended. She said: "I met my husband during the war and I remember dancing a lot back then. I've always been ballroom dancing."

Mayor Sir Robin Wales took a turn on the dance floor. He said: "It is fantastic to see our community come together to remember this great day in history. Recently we have been reflecting and remembering all those who fought for us during World War II, and those who lost their lives. It is important that we organise events like this one to commemorate the end of the conflict and capture the spirit of our community then and now."

The next tea dances will be at the Mayor's Newham Show on Saturday 11 and Sunday 12 July at Central Park, E6. For details and information about future tea dances, visit **www.newham.gov.uk/teadances** or call **020 3373 0826**.

Rugby Club goes Football Crazy

East London Rugby Club is inviting residents to get a taste of Africa, at the African Nations Cup UK. The competition is now in its fifth year in Newham, and free entry is offered on Saturday 30 May and Sunday 31 May (seniors competition) and Saturday 6 June and Sunday 7 June (juniors competition). An opening ceremony will be held at 11am, before matches kick off at 12noon.

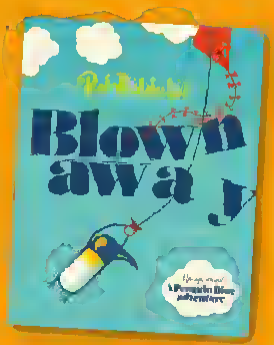
Guests can enjoy children's entertainment and activities.

Teams representing more than 20 African countries will be battling it out to make it to the final, to be held on Sunday 14 June at the Terence McMillan Stadium, E13.

When attending, Newham residents can enter a competition to win one of 30 pairs of free tickets to the final on 14 June.

For further information visit **www.africannationscupuk.com**

Win tickets to story centre adventure



Award winning author and illustrator Rob Biddulph comes to Discover Children's Story Centre on Saturday 30 May as part of a week of exciting Half Term stories, crafts and events (Sat 23 - Sun 31 May).

Meet Penguin Blue from Rob's debut picture book, Blown Away. It's a windy day and Penguin Blue has a brand new kite – but where's he going on this maiden flight? Join Rob, Penguin Blue and his friends on this gloriously illustrated adventure for children aged 4+. Rob will also be signing books in Discover's café and shop after the event.

To be in with a chance of winning a family ticket for four people to Blown Away with Rob Biddulph at Discover on 30 May at 2.30pm, tell us the name of the Penguin in Blown Away.

Send your answer with your name, telephone number and email address (if applicable) to **marketing@discover.org.uk** or write to Discover Children's Story Centre, FAO Marketing, 383 – 387 High Street, Stratford, London, E15 4QZ by 27 May at 5pm.

AFRICAN HERITAGE AT STRATFORD LIBRARY

IROKO theatre company, a group dedicated to spreading understanding and appreciation of African culture and arts, are holding a special performance and exhibition at Stratford Library.

IROKO have created The Green Stone Bead, a music theatre performance based on African stories, tricksters, gods and goddesses and similar figures in Asian, Aztec, European and Islamic cultures.

To make The Green Stone Bead, IROKO have collaborated with The British Museum and Goldsmiths University of London and various libraries and schools. Both the performance and the accompanying exhibition are free, and will take place at **Stratford Library, The Grove, E15 1EL on Friday 29 May**. The exhibition is open 3-3.30pm, with the performance at 3.30-4.15pm.

The search for Victoria Cross families

At a ceremony in April at the Cenotaph in Central Park, East Ham, more than 200 people witnessed the unveiling of a commemorative stone, marking the heroic actions that earned Midshipman George Drewry the Victoria Cross (VC). Over the next three years, similar ceremonies will be held to honour four other Newham residents who earned the VC during the First World War.

The four other brave soldiers who will be commemorated are Edgar Myles, Jack Cornwell, Harold Mugford and Bernard Cassidy. Newham Council are seeking to contact relatives of these servicemen, so they can be included in the ceremonies, and attend as guests. Anyone with information should contact **events@newham.gov.uk**

In the market for fun

Green Street's Queens Market will host the next instalment of its popular Market Games on Wednesday 27 May from 2pm to 5pm. The event will provide a chance for young people to participate in sport in a safe environment, with the opportunity to benefit from some expert coaching. Throughout the afternoon, a range of sport activities will be provided for young people, from BMX cycling, penalty shootouts and football skills, to wheelchair basketball and non-contact boxing. All participants will be entered into a free prize draw to win a fantastic prize.

Market Games are held in partnership with Newham Council's activity provider activeNewham, West Ham United Foundation, Tesco Newham, the Metropolitan Police, and the Youth Providers Partnership.

This special half-term event will be held at Queens Market, Green Street, E13. For further information contact activeNewham on **0844 414 2728**.

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Winner

Mya Jasmin Basra, 7

Ruth Chowdhury, 7

Dardan Fazljiu, 6

Laila Syed, 6

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Colour-me-in Wordsearch

A	G	N	I	D	L	I	U	B	O	P	T	D	N	C	N	N	E	E	D
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Cheetah
Cheshire Cat
Jaguar
Leopard
Lion
Lynx
Panther
Persian
Puma
Pussycat
Siamese
Tiger

Poem

Daddy is

Daddy is
waking up the children
and giving them something to eat
smell coffee in the morning
when we eat wheat

Daddy is
loading up the car
when he goes to the market stalls
and stretches his suit

Daddy is
scrubbing filth out on the stone
on his own

Daddy is
watching televison in the darkest moonlight
and telling stories to the children

Daddy say,
only de best fe de granchildren
it don't matter what to get

Arpith Benny, 7

TURN TO PAGE 33 FOR VENUE DETAILS

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **One Day Cinema** – Mon 25 May 4-7pm, Queens Market E13 An afternoon of films, tea and popcorn Free
2. **Forest Gate Food and Music Festival** – Sat 6 June, 6-9pm, Woodgrange Market Place, E7 Delicious food from around the world and live music
3. **Green Street Tea Dance Extravaganza** – Mon 25 May 12noon-3pm Queens Market, E13 Dancing, fun and refreshments Free

MENTION THE MAG...

Now's a perfect time to try yoga The Yogalme school of West Ham are offering a discount to readers who are first time attenders of their Ashtanga Yoga Class This is an active group class for men and women of all levels, focusing on strength movement and relaxation practices Yoga helps to boost energy levels improve mobility ease body pain and calm the mind Classes run on Thursdays 6 30-7 30pm at Grassroots Children's Centre, Memorial Park, E15 3DB Simply turn up to a Thursday class until June 18 inclusive (arrive 10 minutes early to register) and mention the Newham Mag to enjoy a class at £6 (usual price £8) More information visit **yogalime.com**

TRY SOMETHING NEW... SEA CADET SPORTS

Young people are invited to come down and get out on the water with Sea Cadets to try their hand at various waterborne activities this half term Taster sessions give those aged 10-18 the chance to have a go at sailing, rowing, canoeing and kayaking and are free to attend All activities will be run by fully qualified instructors and all safety equipment will be provided

The sessions will take place at London Regatta Centre, 1012 Dockside Road, E16 2QD, from Monday 25 May to Friday 29 May Group bookings for half days or full days are also available Remember to bring is a change of clothes and a packed lunch

To book your place or for more information email **lgoodey@ms-sc.org** or call **0207 055 0585**

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Music and Rhyme
Tues, 10 30-11 15am, Custom House

Rhyme Time
Thurs 1 30-2 15pm Custom House Mon, 4 4 45pm Canning Town

Storytelling
Mon 11am 12noon Tues 10 11am, Beckton Globe, Mon 10 30 11 15am Custom House, Tues, 10 30-11 30am, Canning Town, Tues 11am-12noon, The Gate Tues, 10 30 11 30am Thurs, 9 45 10 45am, East Ham, Tues 10 11am Sat 11am 12noon Green St, Fri, 10-11am, Manor Park, Thurs 2-3pm, North Woolwich Tues 10 11am, Thurs, 2-3pm Plaistow, Tues and Fri 11am 12noon, Stratford

Stay and Play
Support for parents and carers to develop their child through play Term time Weds and Sat, 11am 1pm, Stratford Thurs, 1 30 3 30pm Jack Cornwell C C, Mon 10 30 11 30am The Gate Tues, 9 30-10 30am, Jeyes C C, Tues 10am 12noon Grassroots Thurs, 1-2pm, North Woolwich, Tues, 2 4pm Thurs, 2 4pm Sat, 12noon-1pm Green St

Music and Movement
Sessions for parents/carers and children
Mon 10 11am Grassroots

Baby Sing-a-Long
Thurs 1 1 30pm North Woolwich

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time. Thurs 4 6pm Green St and

Custom House Thurs 4.30-6pm, North Woolwich, Tues and Fri 4 5pm Stratford (term time), Sat, 2.30-4pm, Manor Park

Gemes Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more Tues, 3.30-5.15pm Custom House, Mon, 3.30-5pm Plaistow, Thurs 4.6pm Canning Town Wed, 3.30-5pm, Forest Gate

Froud Young Project (7-16yrs)
Activities for young people Mon, 3.30-5.30pm Jack Cornwell C.C.

Children's Mevie Club
Booking essential Thurs, 4.6pm, 7.12yrs The Gate Tues 3.30-5.30pm, 0-12yrs, (under 8s must be accompanied by an adult) Green St

Arts and Craft Workshop (5+yrs)
Mon 3.30-5pm Fri 3.30 5pm Sat 1.2pm Green Street Tues, 4-5pm, Plaistow Sat, 2.3pm Canning Town Sat, 2-3pm, Custom House

Young Reeders Club (7-12yrs)
Read and discuss your favourite books Tues, 4-5.15pm, North Woolwich, Sat 10.30am 12noon Manor Park

Children's Movie Metinee (0-13yre)
Sat 3.30-5.30pm Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes. Sat 12noon 3pm, Woodman C.C. Woodman St, E16. Email theteam@ketoundation.org.uk

ACTIVITIES AND SUPPORT

Time-2-Craft (16+yrs)
Sat 10am 12noon Stratford

Adult Reading Group
Discuss your favourite books and discover new writers. Thu 4 June 6.45-7.45pm, Plaistow

Chess Club
Mon, 5.30-7.30pm, East Ham Weds 3.30 5pm Green St Thurs, 5.30-7.30pm Stratford Fri, 3.30-5.15pm The Gate

Coffee Mornings
Tues 10-11.30am Beckton Tues 11am-12.30pm, Custom House, Thurs, 10-11.30am Canning Town Thurs, 10-11.30am, North Woolwich

Do it Gnline (18+yre)
Six or eight week basic computer training. Advance booking required, contact library directly. Tues 10am 12noon and Thurs 10am-12noon, The Gate Tues, 10am-12noon, East Ham, Tues 10am 12noon and 2-4pm, Plaistow Mon, 10am-12noon, Manor Park, Weds, 2-4pm Stratford Tues 11am-1pm, Thurs, 10am-12noon, Green St, Thurs 10am 12noon Katherine Rd C.C. Wed, 10am-12noon, Plaistow

Knit & Netter (16+yrs)
Weds, 10am-12noon, Beckton, Fri, 10.30-11.30am Canning Town Fri, 10am-12noon, East Ham Tues 10.30am 12.30pm Manor Park Weds, 10.30am-12.30pm, Green St

ICT Surgery
IT advice for all ages. Mon 10am-12noon and 2-3pm Plaistow, Wed, 10.30am-12noon, Stratford, Fri 2-4pm Canning Town

Weekly Get Together
Try new things. Weds. 10.30am-12.30pm, Green St Call 020 3373 0857

Love Newhem epp drop-in
Learn how to report issues via the app. Mon, 10.30 11.30am The Gate

Inspire Futures Grop in
Advice on ESOL and citizenship. Thurs, 2.4pm Green St

Community Links Drop in
Debt, housing and benefit advice. Call 020 8548 9825 to make an appointment. Thurs 28 May, 3.30-5.30pm Katherine Road C.C. Call 020 8548 9845, Mon 25 May, 12-2pm, Green St, Call 020 3373 9857

ICT Grep-in Session
Set up a My Newham profile and create an email account. Fri, 10am-12noon The Gate Fri, 10am-12noon, Green St

Bingo Night (16+yre)
Thurs 6.7pm, Green St

Aerobic Exercise
Workout and body stretching Tues, 9.30 10.30am Jack Cornwell C.C. £1.50

Eest Nem Youth Zone
Sony PS4, DJ decks and other activities Tues 4.7pm East Ham

Neppy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C.

SNT Grop-in
Tues 26 May, 11am 12.30pm Custom House Wed 27 May 3-4pm, Green Street, Thurs 28 May 10.11.30am Canning Town Fri, 12noon-1pm Stratford

New Deaf Club
Opportunity to learn new and exciting things for members Mon, 6-8pm, Stratford Costs up to £2

Silver Surfere IT Ceuree
Fri 2.3.30pm Beckton

Support in Action
Thurs, 12noon-4pm Jeyes C.C.

Mertiel Arts (16+yrs)
Tues 5.6pm Jack Cornwell C.C.

Get on Target Business Advice Surgery
Tues, 12noon-2pm North Woolwich Call 07931 576 483 to book.

SpEC Speaking English with Confidence
Tues, 1.30-2.30pm Thurs 6-7pm, Sat, 11am-12noon, Stratford Mon 10-11am Weds, 10.11am Thurs 10-11am Green St Weds, 11am-12noon, The Gate

Free English Convereetion Club
Weds 11am 12noon Canning Town Weds, 11am-12noon, The Gate Weds, 10.11am, Manor Park

Life in the UK Clesses
Weds, 12.30-2.30pm Fri, 10am 12noon, Plaistow, contact Franklyn on 020 8542 3904 for information

Together We Cen
Fortnightly social group for adults under 50 years who have had a stroke Fri 29 May 2.4pm Plaistow

Chel end Chet Women Group (18yrs+)
For women who use mental health service Weds, 10.30am-12.30pm, Plaistow

Cemmunity Networking Mornings Wed 27 May, 10am-12noon The Gate

Writere Group
Thurs 28 May 5.45-7.30pm The Gate

Grei Neelth Grop-in
Thurs 4 June 3.5pm, The Gate

CYANA
Cancer You Are Not Alone, Information stall/drop-in advice session Thurs 28 May 3.5pm, The Gate

Gemere Group
For adults with Aspergers Syndrome (AS) and High Functioning Autism (HFA) Thurs 28 May 1.3pm, Plaistow

UEL Grop-in
Tue 2 Jun, 10am-12noon, The Gate

Table Top Sale
Sat 30 May 9am to 2pm Jack Cornwell C.C. £5 per table

Gementie Awereness end Gle Mettere drop in session
Fri 22 May, 2.5pm, Green Street

Volunteer Gpen Gey
Sat 23 May 12noon 3pm Green Street

Merket Gemes
Wed 27 May 2.5pm, Queens Market E13. For info call active Newham on 0844 414 2728

Ebony Eest Steel Pen Acedemy
Tues 4.30 6.00pm (11.16yrs) Weds 3.30 5.30pm (8.11yrs), One Love Community Centre

1 Bishops Avenue E13 0PU
Call Steve on 07565124701
£4 1st session free

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies Email newhamnct@hotmail.com

Meet and Greet Mums, Bumps and Babies Fri in various cafes around Newham Visit www.netmums.com or email jojostevie@live.com

Royal Docks Learning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2. **Tues,** Parent and Toddler Group, 10am-12noon £1 Bingo, 10am-12noon, £1 **Wed,** Keep Fit, 10-11am, £2 Employment 1-2-1 support, by appointment. Creche available **Thurs,** Tai-Chi, £2, first session free, 10-30am-12noon Line Dancing £1, first session free 1-3pm **Mon-Fri,** After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools **Mon-Fri,** Open Access After School Club, 4-6pm £3 per day Royal Docks Learning & Activity Centre, Albert Rd, E16 Call 020 7476 1666 Visit www.rdlac.org.uk Search rdlaccommunity on Facebook

Junior Volunteer Police Cadets (10-12 yrs, term time) Wed 3-30-5pm Little Ilford School, Browning Rd, E12, £1

Senior Volunteer Police Cadets (13-17 yrs) Wed, 6-30-9pm, Little Ilford School, Browning Rd, E12 £2.50 Thurs, 6-30-9pm, Eastlea Community School, Exning Rd, E16 £2.50 Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College) Mon-5-6pm East Ham College, High St South E6

Fight For Peace Boxing Mon to Fri, 4-5pm 10-14yrs Mon to Fri 5-9pm, 14+yrs Woodman St, North Woolwich E16. Call 020 7474 0054

Punch Out (16+yrs) Fri, 4-5pm, Katherine Rd C C 254 Katherine Rd, E7

Intense Fitness (14+yrs) Workouts boxing and wrestling Fri 8.30-10pm £5 The Hartley Centre E6 Call 07878 253 642

Taekwondo Mon and Weds Children 6-7-30pm Juniors and seniors 7-45-9-45pm Monega Primary School, Halley Rd E12 6TT Contact Gurumu on 07931 709 140 Fee applies

Docklands Shoujin Karate Mon and Wed juniors and beginners 7-8pm, all other grades 8-9pm First session free, under-15yrs £4, 16+ £6 concs £5 UEL SportsDock, call 07766 685 869

Stratford Judo Competition training juniors (8-14yrs) Tues and Thurs 6-30-8pm, seniors (15+yrs) Tues and Thurs 8-9-30pm Beginners, juniors (8-14yrs) Wed 6-30-7-45pm seniors (15+yrs), Wed, 7-45-9-15pm From £2-£5 per class Carpenters and Dockland Centre 98 Gibbins Rd E15 Call 07985 601 260 www.stratfordjudo.com

West Nam Boys ABC Mon Wed Fri, mixed (8-16yrs), 5-6pm Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd E13. Call 020 8472 3614

Indian Martial Arts Tues and Thurs 5-30pm-sun, 9-30am Martial Arts Centre 27 Romford Rd E15 £5 or free for INUF users Call 07703 594 398

HEALTH AND FITNESS

Bootcamp and Circuits with Al Mon 6-30-7-30pm Chandos East Community Hub, E15 £4 Call 07956 944 252

Janice's Fitness Mon, 7-15-7-45pm flatter abs, £3, The Hartley Centre, E6 Call 07818 000 643

Twisted Pink Street Dance 7-11yrs Thurs 6-7pm St Luke's Church Tarling Rd E16 12+yrs Fri 6-7pm Maryland Studioz 84 Leytonstone Rd, E15 £3 Call 07961 544 017

Zumba fitness Mon and Weds, 7-8pm, £5 and £4 for 2nd class Vicarage Ln Community Centre Govier Cl, E15 Call 07500 898 665

Zumba with Jessica Mon 6-30pm £2.50 Asta Community Hub 14a Camel Rd E16 Sat, 9-30am, circuits £4, Community Resource Centre, 200 Chargeable Ln E13 Call 07884 951 484

Unity Zumba Mon 8-9pm Hartley Centre Barking Rd, E6 Tues, 8-9pm, St Mark's Centre Tollgate Rd, E6 Weds 8-9pm Hartley Centre, Barking Rd E6 Thurs, 8-9pm, St Mark's Centre, Tollgate Rd E6 Sun 6.30-7-30pm, The Well Community Centre Vicarage Ln E6 £5 Call 07886 884 573

Let's Yoga Thurs, 6-30-7-30am Grassroots, £5; Sat 10am-12noon Jeyes C C, £1, Wed, 7-9pm, Jeyes C C, £1

Lee Valley Cycling (12-25yrs) Wed 4-30-6pm Lee Valley VeloPark, £5 or £50 for 12 wk course Pre-booking essential, email Paul.Farthing@activeNewham.org.uk

Indoor Tennis Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3 Pre-booking essential email Paul.Farthing@activeNewham.org.uk

Mini Tennis Tues 4-5pm, and 5-6pm, East Ham Leisure Centre 4-8yrs Thurs, 4-30-5-30pm and 5-30-6-30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs £50 for 10 sessions Email Paul.Farthing@activeNewham.org.uk

Outdoor Tennis (14-25yrs) Fri 5-7pm Stratford Park Email Paul.Farthing@activeNewham.org.uk

50+ ACTIVITIES

Age UK East London Nordic Walks (18+) Tues 9-30-10-45am meet at Age UK East London Newham Branch 655 Barking Rd E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20 For more info call 07989 938 242

Health Walks Mon, 2pm starts by the War Memorial Central Park E6 Call 07518 750 120 Tues 10am, starts outside Pret a Manger at Stratford Station Call 0844 414 2728 Tues 1-30pm starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd Call 0844 414 2728 Wed 10-30am, starts outside Hamfrith Centre McGrath Rd, E15 Call 07870 291 120 Thurs 1-30pm starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555 Thurs 2pm, starts by the War Memorial, Central Park, E6 Call 07518 750 120 Fri 10-30am starts outside St Mark's Community Centre Tollgate Rd E6 Call 07908 744 555

Newham Striders Daily walking group Call 0844 414 2728

Nordic Walking Wed, 9-30am Meet at Lord Lister Health Centre, E7 Not

suitable for wheelchairs. Call 07783 660 429. Fri 6.30-8pm. Meet at Newham Leisure Centre E13. Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6.

Young at Heart
Bingo Club. Mon, 12noon-4pm. £1. Jeyes C.C.

Ballroom Dancing
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463.

Active Centre Bingo (50+yrs)
Thurs, 7.9pm. Jack Cornwell C.C. Mon, 12noon-4pm. Jeyes C.C.

Over 50s club
Thurs, 10am-12noon, Beckton.

ICCAN
Faith based group with cultural activities. Fri, 12noon-2pm. Jeyes C.C.

Active & Connected
Social group for gay and bi men. Last Thursday of each month. For information contact 020 7791 2855.

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156.

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp Hallsville Rd).

Garden Club
Tues, 1-3pm. Thurs, 4-7pm. Sat, 10am-4pm. Abbey Gdns, Bakers Row, E15.

Gardening Thymes
Gardening Club
Fri, 11am-1pm. Bowling Green, Central Park, High St South, E6.

Grow Together Be Together
Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm. Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070.

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated.

Athletics Club (14yrs+)
A multi sport session focusing on athletics, football and the gym. Tues, 6-7pm. Newham Leisure Centre, E13. Call 07718 394 756.

Gym & Basketball (14+yrs)
Tues, 6-10pm. £2. Rokeby School, Barking Rd, E16.

Stunt & Tumble (14+yrs)
Thurs, 7.30-9pm. £5. Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610.

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm. Chobham Academy, 40 Cheering Ln, E20.

Dare2Dance (12-16yrs)
Street dance. Fri, 3.30-5.30pm. Newham Leisure Centre, E13.

Female Boxfit (14+yrs)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526.

Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm. Newham Leisure Centre. Fri, 5-7pm. Memorial Park, E15.

Girls Group Cycling (11-15yrs)
Tues and Thurs, 5-5.30pm. Newham Leisure Centre, E13.

Just Play (14+yrs)
Wed, 6.30-8pm, multi sports (term time). Cumberland School, E13. Call 0844 414 2728.

Abs Blast (11-15yrs)
Thurs, 5.30-6pm. £3.10. Newham Leisure Centre, E13.

Athlefit (14-18yrs)
Athletic fitness. Wed, 5.30-6.30pm. £1. Flanders Community Centre, Napier Rd, E6. Call 07718 394 756.

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs.
Mon and Wed, 7.30-10.30pm.
Tues and Thurs, 12noon-1.30pm.
Sun, 3-5pm. 11-15yrs. £4.65. Newham Leisure Centre, E13.

Get Back Into Netball
Tues, 6.7.30pm juniors. 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529.

Zumba Fitness (18+)
Mon, 6.30-7.30pm, 395 High Street North, E12 6PG; Weds 6.30-7.30pm, Unit 1 the Mews, Kempton Rd, E6 2LD. Contact 07508 222 752. £5.

Keepfit
Wed, 10am. £1. Chandos East Centre, E15. Call 07950 944 095.

Ladies Only Keep Fit
Wed, 10am, £1, Chandos East Centre, Chandos Rd, E15.
Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15.

Women's Badminton
Fri, 1-2.30pm. East Ham Leisure Centre, E6. £2, equipment provided. Call 07930 162 505.

Women United AFC (11+yrs)
Mon (term time), 6-7.15pm. £1. Kingsford School, E6. Call 07792 932 979.

Zumba and Tone
Tues, 1.15-2.15pm. £1. St Bartholomew's Church Hall, Barking Rd, E6. Call 07944 775 679.

Women's Martial Arts (16yrs+)
Tues, 5.15-6.15pm, Jack Cornwell C.C. For more info ring Ulrike 07473 030 250.

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm. NewVic, E13.

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org.

Family Swims
Sat 4.30-5.30pm. Newham Otters Swimming Club. Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 0300 124 0123.

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123.

Sensory Play (U5yrs)
Wed, (term time) 1.30pm-3pm. Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997.

Swim for Families
Dealing with Autism
Wed 4.5pm. Balaam Leisure Centre, E13. Call 0300 124 0123.

Support in Action (18+yrs)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C.

RUNNING

Beckton Park Run
Sat 9am. Beckton Park South, E16. Call 07718 394 756. www.parkrun.org/beckton

East End Road Runners
Tues and Thurs 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

West Ham Park Run
Sat 11am. Meet at Central Park Keepers Lodge. Call 020 8257 4505.

Run England
£2 unless stated. Sun 10am-12noon, Newham Leisure Centre, E13, (meet on track). Mon 4.5.30pm. Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed 12noon-1pm. Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat 10-11.30am,

Memorial Park, E15, £4 (meet at car park) Call 07716 394 874

SPORTS

Athletics
Newham and Essex Beagles Athletics Club Mon and Wed 6 9pm Foundation Groups (6 10 yrs), Mon, 7-8pm and Wed, 6-7pm, £5 Terence McMillan Stadium, Newham Leisure Centre, E13 Visit www newhamandessexbeagles co uk

BMX (6-16yrs)
Sun 10am-12noon £3 Gooseley Playing Fields St Albans Ave, E6 Call 07961 333 615

Fencing with Newham Swords
Tues, 6 9pm, Thurs 6 9pm, Fri, 7 10pm Classes for adults (18+), and mini pirates (4 7yrs) UEL SportsDock Call 07956 618 898

Indoor Cricket (6-16yrs)
Wed 6 8pm £2 Lister Community School E13, email paul farthing @activenewham org uk

Black Arrows Badminton Club
Adults Fri 7 9pm Juniors Sat, 10am-12noon, £3 70, East Ham LC Adults Weds, 7 10pm, UEL SportsDock. Call 07932 037173

Woodside Badminton Club
Fri 7 30 9 30pm intermediate and club standard £5 waged/ £3 unwaged, Carpenters and Dockland Centre, 98 Gibbins Rd E15 Call 07956 150 240

FOOTBALL

AIR Football (16+yrs)
Tues 1-3pm, Fri 10am 12noon, Memorial Park Memorial Ave, E15 Fri, 3-5pm, Beckton Powerleague, E6 Visit www airfootball co uk

Football and Athletics
Thurs, 4 5 30pm, Britannia Village, 65 Evelyn Rd E16

Football & Multi Sports
Mon 4 5 30pm, Newham Leisure Centre, E13

Wed, 5 6pm, Stratford MUGA West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4 30-6pm, U16yrs, U18yrs, 6 7pm Newham Leisure Centre E13

Premier League (16+yrs)
6-a side (4 subs) Weds, 7 10pm Newham Leisure Centre E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6 Thurs, 6 30-7 30pm Little Ilford Learning Zone 1 Rectory Rd E12 Thurs, 6 30-7 30pm Stratford Park MUGA, West Ham Ln E15 Sat 10 30am 12noon Newham Leisure Centre E13

Ascension Football
Sat 10 11 30am £3 Reception to 11yrs King George V Park King George Ave E16 Call 07806 564 925

BASKETBALL

Basketball & Multi Sports
Fri, 5 6 30pm 8 19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs 5 30-6 30pm Little Ilford Learning Zone 1 Rectory Rd E12

National League
Mon 6 8pm U13/14yrs, Tues 6 8pm U15/16yrs Rokeby School, E16 Thurs, 4 30 6pm, U13/14yrs boys, U14yrs girls, 6-8pm, U16yrs, Newham Leisure Centre, E13, 6 8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5 7pm East Ham Leisure Centre To register email sports@newham ac uk or call 020 8257 4255

Senior Programme
Mon 7 30-9 30pm, Division 2 women and division 3/4 men Rokeby School, E16 Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated Juniors Fri 4-6pm Cumberland School, E13 National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm Rokeby School, E16 National league U18yrs, Tues, 8-10pm Rokeby School E16 National league U13yrs, U14yrs U16yrs, Thurs, 6-8pm, SportsDock National league U18yrs, Tues, 8 10pm, UEL SportsDock Junior boys and girls, Sat, 10 20am-12.20pm, UEL SportsDock, £2.Call 07703 503 995 www nassasports org uk

Youngbloods Basketball
All sessions cost £1 U12yrs mixed Sat 1 3pm East Ham Leisure Centre E6 U13/14yrs boys, Mon, 6 8pm and Wed, 4 30-6pm, St Angela's School, E7 U13/14yrs girls Mon, 4 30 6pm and Wed 4 30 6pm, St Angela's School E7 U15/16yrs boys, Tues 6-8pm, St Angela's School, E7 Thurs, 8pm, St Bonaventure's School, E7 U17/18yrs boys Mon and Wed 8 10pm St Angela's School E7 Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6 unless otherwise stated
Fri 5 Jun, Development Control Members' Forum, Newham Dockside E16 8am

CONTACT THE MAYOR

Surgery
There are no surgeries in this period Check the next Newham Mag for details of the next surgery

Telephone surgery
Wed 27 May. Call 020 8430 2000 between 9 30 10 30am and leave your details The Mayor will call you back at a later time

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies Call 020 3373 6881 email archiveslocalstudies @newham.gov.uk

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Way, E16
Queens Market Green Street, Upton Park, E13 , 020 337 30857

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15 020 3373 0650
The Hartley Centre 267 Barking Rd, E6
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jayes Community Centre 1 James Cl, E13, 020 8548 9788
Katharine Rd Community Centre 254 Katherine Rd, E7 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6 020 7511 1214
Upton Community Centre Claude Rd, E13, 020 8471 0040 (currently closed)
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
The Well Community Centre 49 Vicarage Lane, E6 020 7586 7070

All listings may be subject to change Please contact individual events and activities before attending

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the Mayor's Newham Show

Celebrating 50 years of Newham

FREE

Saturday 11 and Sunday 12 July 2015

12noon - 6pm

Central Park, High Street South, East Ham E6

Two days of fantastic FREE family fun including:

- Featuring on the main stage
  Cook and Line from CBeebies' Swashbuckle 11 July
  Postman Pat and Jess the Cat 12 July
- Live music, Newham seaside and much more!
- The Mayor's Newham Carnival, 2pm Saturday

CARNIVAL

www.newham.com/summer
@newhamlondon
newhamevents #NewhamShow

Mayor of Newham